

"INJURIES ARE

PREVENTABLE!"

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Safety Spotlight

# Billings Area Injury Prevention Newsletter

Billings Area Indian Health Service

# January-March 2008

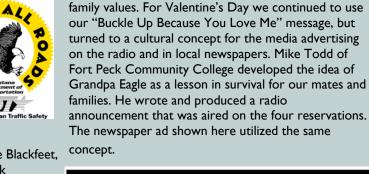
# Hoops and Hearts: February Seat Belt Campaigns

The Montana Department of Transportation's Native American Traffic Safety program, Safe On All Roads (SOAR), took aim at seat belt usage in February, with targeted messages during high school basketball games and during a midmonth Valentine's campaign.



The program is currently active on the Blackfeet, Rocky Boy, Fort Belknap and Fort Peck Reservations.

There are ten high schools across these four reservations, and most welcomed an effort to increase seat belt use. Some of the schools and their coaches or athletic directors have been outstanding in their support—examples are Harlem High School, Browning High School and Box Elder High School. Attendance at the basketball games is high, and the packed gyms are a great opportunity for us to reach our target audiences of young men and families.



have been to tie our education points to cultural or





Volume 2, Issue 6

**Injury Prevention Links** 

**Indian Health Service** 



http://www.lhs.gov

Indian Health Service, Injury **Prevention Program** 



http://www.ihs.gov/ MedicalPrograms/ InjuryPrevention/

index.cfm

**Centers for Disease Control** and Prevention



http://www.cdc.gov

CDC- Injury, Violence, and Safety



http://www.cdc.gov/ InjuryViolenceSafety/





**Buckle up!** Live to play another day.

A customized banner was created for each school. We asked that announcers and coaches use "buckle up" talking points during the events. Radio coverage of the games on Fort Belknap Reservation also used the seat belt messages.

Gift presentations provided opportunities to address the crowd with seat belt messages. At Browning, SOAR coordinator Cheryl Little Dog enlisted cheerleaders to throw gift bags into the stands during half-times. At the last home game for the boy's and girl's teams, she made a presentation to the team members and their parents. Drawings for prizes helped draw attention at Rocky Boy games. Local coordinators handed out heart-shaped magnet clips and team name license plate holders (with the words "Buckle Up") on all four reservations.

#### Grandpa Eagle

The strategies we have used with our messages

#### What's next

The local SOAR coordinators will work with the Montana Department of Transportation this spring to gather data on seat belt use rates on their respective reservations. They will meet with MDT Director Jim Lynch in Helena in March.

IR Rosette has joined the program as coordinator for Rocky Boy Reservation. The SOAR program will help sponsor a boxing match at Rocky Boy in March and is planning a 3-on-3 basketball tourney for May.

In April and May, media and community-based activities are planned to prevent alcohol-related crashes during graduation times. The program continues to seek closer coordination with Injury Prevention efforts on these reservations. For more information, contact:

Cheryl Little Dog, East Glacier, 406-226-9197 or 450-3814 Mike Todd, Poplar, 406-768-5687 or 650-3323,

#### dobagea@hotmail.com

Lynette Chandler, Fort Belknap College, 406-353-2607 speakingwhiteclay@yahoo.com

Tim Rosette, Jr. "JR" Box Elder, 406-352-3379 or 945-7334, box cityballer04@yahoo.com

Program director, Randi Szabo, Great Falls, 406-454-3422, ext. 103, randi@banik.com

Article submitted by Randi Szabo, Banik Communications.



**NATIONAL HEALTH &** WELLNESS **OBSERVANCES** CALENDAR 2008

**March 2008** 

Collegiate Safe Spring Break, Late February-**April**, 2008

bacchusgamma.org

**Brain Injury** Awareness Month

biausa.org

**National Poison Prevention Month** (Week, March 31-April 🙆 8)

poisonprevention.org

Workplace Eye Health and Safety Month

preventblindness.org

**National Youth Violence Prevention** Week, March 24-28

violencepreventionweek.org

**April 2008** 

**National Alcohol** Awareness Month

ncadd.org

National Prevent Child **Abuse Month** 

preventchildabuse.org

**National Minority Health & Health Disparities Month** 

omhrc.gov

Continued on page 3...

## Area Wide News and Events

June, 2008-The Billings Area Indian Health Service, Office of Environmental Health & Engineering will be sponsoring an "Introduction to Injury Prevention" training Start Centers. course. The training course will be in Browning, MT. The date is June 17-20, 2008 and it will be held at the Blackfeet Tribal Head Start Arbor Building Classroom. Please call Jodee Dennison at 406-247-7098 or Jodee.Dennison@ihs.gov for more information to register.

# Fort Belknap Service Unit

September 2007- Current-So far this fiscal year the Ft. Belknap Tribal Health Injury Prevention component sponsored and assisted with a number of activities.

September 2007- In September the Environmental Health staff participated with the Harlem High School Sobering Stone dedication held at the Ft. Belknap College. It is a monument for those that passed away from alcohol abuse/car crashes due to alcohol.

October 2007- During the month of October our staff assisted with planning the annual Halloween Masquerade Dance & Party for the community members, we also provided fluorescent goody bags with a safety message on to the area children. Our office along with the volunteer fire department conducted a drill at the Ft. Belknap tribal office. A recommendation was made to purchase fire extinguishers for each floor

Blackfeet Service Unit and wing of the tribal office, also make evacuation plans and fire exit signs. Fire prevention week (Oct. 7<sup>th</sup>-13<sup>th</sup>) we put PSA's on the radio and gave out info bags to the area Head

> **November 2007**– February 2008- During the winter months our office provided public service announcements on the local radio station. KGVA, advising listeners to drive carefully, carry a road emergency kit which should include (Blanket, water, crackers, and flares) and always wear their seat belt especially during the winter months when the roads are snow covered or icy road conditions. A drawing for gas cards was also held.

February 2008- |odee Dennison and Darcy Merchant are working on an injury surveillance project at the Ft. Belknap service unit.

February 2008- On February 2nd, 2008 the Tobacco prevention specialist and Avis Spencer set up at Harlem High School during one of the basketball games and handed out pamphlets, brochures and information regarding safety issues (i.e. seat belt usage, school violence, bullying, drinking & driving, fire safety) and tobacco use were available to parents and students.

February 2008- February 4th-8th, 2008 was Teen Dating Violence Week so Avis had a couple of students from Harlem High School do a PSA on this and had the local radio station play it for the week. We also handed out some safety bags filled with various safety info at the Mid-Winter fair.

March 2008- We are currently collaborating with the tobacco prevention program and the Chemical Dependency program to set up a DUI task force.

Miscellaneous Activities- Some various activities that went on were the Montana National Guard Drug, Alcohol; resistance program flew a helicopter to the Hays Lodge Pole Middle School and gave a presentation to the students.

Safe on all roads had a Seat Belt banner made for the Hays Lodge Pole and Harlem high School (pictured below).

We gave out some bike helmets to



the Lodge Pole recreation center for their Heely's night they have out there.

Plans are under way for drug and alcohol activities during the schools prom.

Through out the year we have various PSA's playing on our local radio station KGVA 88.1.

We also helped put on a stick game tournament as an alternative for the youth. We had 67 participants for this event.

We have been handing out car seats and booster seats to people that need them. We show them how to fit there child and put the car seat in the vehicle.

Article submitted by Stan Zander, Jr., Injury Prevention Coordinator, Fort Belknap Tribal Health Department. For further questions or information, please call Stan Zander, Jr. at 406-353-3165.



# NATIONAL HEALTH & WELLNESS OBSERVANCES CALENDAR 2008

Continued from page 2.

# **April 2008**

National Youth
Sports Safety Month

nyssf.org

Sexual Assault

Awareness Month

nsvrc.org

Women's Eye Health and Safety Month

preventblindness.org

Alcohol-Free Weekend, April 4th, 5th, & 6th

ncadd.org

Women's Eye Health and Safety Month

preventblindness.org

National Alcohol Screening Day

mentalhealthscreening.org

National SAFE KIDS Week, April 26-May 4

safekids.org

National Youth Violence Prevention Week, April 31-May 4

nationalsave.org

# Area Wide News and Events, continued.

#### Fort Peck Service Unit

March 2008- The Fort Peck Injury Prevention Program conducted a smoke alarm intervention project targeting the elderly in an effort reduce burn injuries from home fires in this population within the Fort Peck Indian Reservation. The program began in the fall of 2007 and is nearly complete. The elderly smoke alarm intervention project utilized Fort Peck Housing Authority Counselors to help with the identification and distribution of smoke alarms when they do their annual inspections reservation wide. The event thus far is successful and the Fort Peck Injury Prevention Program would like to thank the Housing Counselor's Lana Lambert and David Grainger for their hard work!

March 2008— A Dog Round Up is scheduled for this spring and summer and will be conducted by the Roosevelt County, Poplar City Law Enforcement, Law and Justice Department, and Tribal Health Animal Control Officers.

The Fort Peck Injury Prevention Program has agreed to start the Dog Round Up due to packs of dogs running in the community of Poplar and moving onto other towns across the reservation.

The Dog Round Up will take place in the evenings and weekends and utilizes the dog pound in the city of Wolf Point as a holding facility for the animals. The staff will attempt to find their owners and possibly new homes for the animals. It is a collaborative effort between all the agencies and they are hoping to curb the animal population here on the Fort Peck Reservation.

April 2008-Summer- The Fort Peck Injury Prevention Program helped purchase equipment for spade and neuter clinic that will be held in April and throughout the summer months. The program is working in collaboration with North East Montana Medical Unit for animals and the contact representative is

Teddy Kaschube.

April 2008- Injury Prevention in conjunction with the Fort Peck Highway Safety are planning their first Car Seat Clinic and Safety Checkpoint on April 26th, 2008 in the community of Poplar, MT. Both events coincide with the 3rd Annual Children's Health Fair. Recently three Highway Safety Officers recently attended and completed the Child Passenger Safety Technician course and are now certified car seat installers. The Fort Peck Injury Prevention Program is excited to use the expertise of the newly certified technicians! In addition to the events, several members of the Fort Peck Injury Prevention will also conduct several presentations on the LIFE SAVERS instruction that deals with railroad safety.

Article submitted by Adrian Spotted Bird, IP Coordinator, Ft. Peck Injury Prevention Program. For further questions or information please call Adrian Spotted Bird at 406-768-5322.



# Northern Cheyenne Service Unit

May 2008— A Northern Cheyenne Health Summit/Conference has been tentatively scheduled for May 14-15, 2008 in Lame Deer, MT. The Northern Cheyenne Health Summit will provide topics on health, prevention, and awareness to community members through presentations, informational booths, and displays. Facilities throughout the Lame Deer, MT community will be utilized for the event and are yet to be determined.

#### Wind River Service Unit

<u>Eastern Shoshone Tribe & Northern Arapaho</u>
<u>Tribe</u>

March 2008— The Northern Arapaho Tribe would like to announce the selection of Lionel Bell as the new Tribal Sanitarian. Mr. Bell will perform many duties for the tribe as a sanitarian

including injury prevention and environmental health. Mr. Bell received a certificate for completion of the Introduction to Injury Prevention course sponsored by the Billings Area Indian Health Service, Injury Prevention Program back in June of 2006.

**March 2008**– No report from Eastern Shoshone, Wind River Service Unit, OEHE on Injury Prevention Activities.

#### Rocky Boy Tribal Health

**March 2008**– No report from Rocky Boy Tribal Health Department on Injury Prevention Activities.

### **Billings Area Office**

January 2008 – Darcy Merchant, Assistant Area Injury Prevention Specialist, was selected to participate in the IHS 2008 Injury Prevention Specialist Program Development Fellowship.



#### MAUDINE STEWART SAFE KIDS COALITION ANNUAL REPORT

January 01, 2007-January 2008 (Article submitted by Deb Haines, CSU)

Event	Location	Car Seat Education	Car Seat Education	Results and Ratings
Big Horn County  Child Safety Clinics	Incredible Chevrolet-16 child safety were seats installed on 08/ 31/07	One Hour education hands on training was given to each adult recipient for their child	Parents demonstrated the training-proper child safety seating use rose 42% on traffic survey data base for 2007	Fully successful Program rating from Big Horn County PHN, Esther Wynn and Deb Haines IHS IPP
Big Horn County Individual safety seat installations	124 Installations were conducted at Big Horn County PHN, Crow Hospital and Big Horn Hospital & residences	One hour education hands on training was given to each adult recipient for their child	Parents demonstrated the training-proper child safety seating use rose 42% on traffic survey data for 2007	Fully successful As above
Indian Health Service Area child seat Installa- tion Clinics	90 installations were conducted at Crow Agency, Lodge Grass and Pryor.	30 installations were done & attended by Maudine Stewart at the Crow Agency Head Start with BAO IP	As above	Fully successful As above
Crow IHS Hospital newborn child safety seat education and installations-ongoing	105 parent education on new born safety seat education was conducted	105 new parents were released with their babies in proper traffic safety car seats.	As above	Fully successful As above
Well Child Clinics	18 boosters and 2 convertible safety seats were installed with parent education	Additional child safety programs such as vaccina- tions and health care were offered	As above	Fully successful as above
8 Clinics were held in Big Horn County and Crow Reservation @various sites for 2007. 3 clinics were held by BAO IP	331 child safety seats were issued Big Horn County and Crow Reservation child passengers	All parents were trained to install the safety seats and demonstrate the knowledge to the profes- sional installer	This resulted in a child safety seat usage of <>I %-<>42% for 2007 on surveys.	The SC Safe Child Coalition has been funded for 2008 by the IHS IP Program, operated by CSU IHS IP &Big Horn CO.

# Confederated Salish and Kootenai Tribal Health & Human Services

**March 2008-** CSKT Tribal Health Community Health Services—Native American Buck Up Promotion, "the Buckle Boys"

Margene Asay, Tribal Health Education & Prevention Manager teamed up with Emily Colomeda from the Lake County Health Department to develop a campaign in support of the Native American Buckle Up promotion, funded through a grant received by Lake County.

According to Margene, this project was a year in the making, and finding spokes models for the promotional poster was difficult. While conducting their search, she and Emily came across the Hendrickson family, well known for their success in Rodeo competition. From there the ideas seem to flood in, including the "Buckle Boys" campaign slogan: "We Live By the Buckle, So Should You."

This play on words however, is not taken lightly. Tribal Health, the Lake County Health Department, the Tribes, and most importantly these young men, take the true meaning seriously to heart. It

is because of their strong personal feelings and experience with seatbelt safety and use, that the three boys agreed to volunteer for this project.

Many requests have come in to have the "Buckle Boys" travel around to local area schools to discuss the importance of seat belt use with students. The goal of this project is to raise aware-



Pictured are the "Buckle Boys".
The purpose of this campaign is to increase seatbelt usage for residents of the Flathead Indian Reservation & Lake County.

ness throughout the communities that seatbelt use saves lives.

Article submitted by Stacey Kiehn, Public Information Officer, Tribal Health and Human Services. For further information, please contact Stacey Kiehn at 406-745-3525, ext. 5116.

# State of Montana Injury Prevention News permission to film the vehicle and create a storyline and PSA around Montana Department of Transportation, Highway the importance of seatbelt use to save lives. If you have any contacts, Traffic Safety Bureau leads, or are interested to assist with developing this potentially very powerful message, please get in touch with Lorelle Demont, Montana March 2008- The Montana Department of Transportation, Department of Transportation, Highway Traffic Safety Bureau at 406-Highway Traffic Safety Bureau and Banik Communications is 444-7411 or Ronda Banik at rondab@banik.com or 406-454-3422 seeking an example of a motor vehicle crash where the occupant as soon as possible. would have lived, if they had their seatbelt buckled. The idea is to create a Public Service Announcement (PSA) along the lines of Link to "Room to Live" by Trish Van Pilsum, Fox News: http:// the "Room to Live" story done by Trisha Van Pilsum of Fox www.myfoxtwincities.com/myfox/pages/Home/Detail? contentId=2262929&version=3&locale=EN-News (see link in next column). The Montana Traffic Safety <u>US&layoutCode=VSTY&pageId=1.1.1</u> Bureau and Banik Communications would need to identify a family or relative of a motor vehicle crash victim to receive Events and Schedules March 2008 · A National Standardized Child Passenger Safety Course will be offered on March 25th-28th, 2008 at Belgrade, MT. Please click on link for more information to register: http://www.safekids.org/certification/ -The Crow Agency Brain Injury Support Group meets on 2nd Thursdays of each month from 7:00 PM- 9:00PM in Crow Agency, MT at the Awe Kualawaache Care Center. The support group welcomes Brain Injury thrivers, family members, care providers, and friends. Please call Dean Bird at 406-665-1634 for further information. -The Fort Belknap Tribal Health, Injury Prevention program is in a planning stage to bring in a Child Passenger Safety Course to be offered in the Havre, MT area. The purpose of the training is to increase the number of American Indian Child Passenger Safety technicians so they acquire the skills necessary to use in their communities. For more information on the planning process and to generate interest to bring in a Child Passenger Safety Course to the Havre, MT area, please contact Avis Spencer at 406-353-3221or email aspencer@ftbelknap-nsn.gov April 2008 -The Brain Injury Association of Montana is hosting a Brain Injury Conference on April 12th-13th, 2008 in Bozeman, MT, the location of the conference is at the Bozeman Holiday Inn. Please click on the link for more information: http://www.biamt.org/ -A National Standardized Child Passenger Safety Course will be offered on April 23rd-26th, 2008 at Glendive, MT. Please click on link for more information to register: http://www.safekids.org/certification/ May 2008 -A National Standardized Child Passenger Safety Course will be offered on May 7th-10th, 2008 at Great Falls, MT. Please click on link for more information to register: http://www.safekids.org/certification/ June 2008 -The Billings Area Indian Health Service, Office of Environmental Health & Engineering will be sponsoring an "Introduction to Injury Prevention" training course. The training course will be in Browning, MT. The date is June 17-20, 2008 and it will be held at the Blackfeet Tribal Head Start Arbor Building Classroom. Please call Jodee Dennison at 406-247-7098 or Jodee. Dennison@ihs.gov for more information to register. -The 2008 MT-WY Native Youth Academy will be held at the University of Montana campus in Missoula, MT on June 23rd-27th, 2008. The MT-WY Native Youth Academy is searching for youth ages 11-14 to participate and the application deadline for the event is March 30th, 2008. Please contact Leeann Johnson at 406-247-7118 or Leeann Johnson@ihs.gov for applications and more information. **July 2008** -The 4th Annual Kidz in Motion conference will be held at the Adam's Mark Hotel, July 9th-12th, 2008, in Denver, Colorado. Kidz in Motion (a 501C3 non-profit corporation) was formed to coordinate a national conference dedicated to Child Passenger Safety professionals. Please click on link for more information: <a href="http://www.kidzinmotion.org/">http://www.kidzinmotion.org/</a>

# Safety Spotlight

# Youth Violence Prevention Month

# Facts about Youth Violence:

Youth violence is widespread in the United States (U.S.). It is the second leading cause of death for young people between the ages of 10 and 24.

- ⇒ 5,570 young people age 10 to 24 were murdered—an average of 16 each day—in 2003.
- Over 780,000 violence-related injuries in young people age 10 to 24 were treated in U.S. emergency rooms in 2004.

- ⇒ In a 2005 nationwide survey, 36% of high school students reported being in a physical fight during the past 12 months.
- ⇒ Nearly 7% of high school students in 2005 reported taking a gun, knife, or club to school in the 30 days before the survey.

⇒ An estimated 30% of kids between 6th and 10th grade report being involved in bullying.

# How Does Youth Violence Affect Health?

Deaths resulting from youth violence are only part of the problem. Many young people seek medical care for violence-related injuries. These injuries can include cuts, bruises, broken bones, and gunshot wounds. Some injuries, like gunshot wounds, can lead to lasting disabilities. Violence can also affect the health of communities. It can increase health care cost, decrease property value, and disrupt social services. The cost of youth violence exceeds \$158 billion each year.

# Who Is At Risk For Youth Violence?

A number of factors can increase the risk of a youth engaging in violence. However, the presence of these factors does not always mean that a young person will become an offender. Note: This is a partial list of risk factors. For more information, see <a href="http://www.cdc.govlinjury">http://www.cdc.govlinjury</a>

# Risk factors for youth violence include:

- ⇒ Prior history of violence
- $\Rightarrow$  Drug, alcohol, or tobacco use
- $\Rightarrow$  Association with delinquent peers
- ⇒ Poor family functioning
- $\Rightarrow$  Poor grades in school
- $\Rightarrow$  Poverty in the community

# How Can We Prevent Youth Violence?

- ⇒ Parent- and family-based programs improve family relations. Parents receive training on child development. They also learn skills for talking with their kids and solving problems in nonviolent ways.
- ⇒ Social-development strategies teach children how to handle tough social situations. They learn how to resolve problems without using violence.
- ⇒ Mentoring programs pair an adult with a young person. The adult serves as a positive role model and helps guide the young person's behavior.
- Changes can be made to the physical and social environment. These changes address the social and economic causes of violence.

Source: Centers for Disease Control and Prevention, Understanding Youth Violence Fact Sheet, 2006. Atlanta, Georgia. Retrieved from the World Wide Web at <a href="http://www.cdc.gov/ncipc/dvp/YVP/default.htm">http://www.cdc.gov/ncipc/dvp/YVP/default.htm</a>



February, 2007 Vol.3, Issue 2

www.dphhs.mt.gov/PHSD

# PREVENTION OPPORTUNITIES UNDER THE BIG SKY

## DRIVING WITH ALCOHOL AND NO SEAT BELT EQUALS DISASTER

Despite the overwhelming evidence that seat belt use and driving sober reduces motor vehicle crash-related fatalities, there are many persons in Montana who do not regularly buckle up when riding or driving in a motor vehicle, and who drive while under the influence of alcohol or other drugs. The result, too frequently, is disaster for those persons and their loved ones. The average overall seat belt use rate for Montana is 79%, however seat belt use is much lower for occupants involved in fatal and alcohol-related crashes. Young adults, especially young men, American Indians, and persons who drink and drive are at increased risk for sustaining life-threatening injuries or death from being an unrestrained occupant in a motor vehicle crash.

#### **MONTANA CRASH FACTS**

Injuries are the leading cause of death for Montanans aged 1 to 34,1 and motor vehicle crashes are the reason for the majority of injuryrelated deaths.

#### In 2006

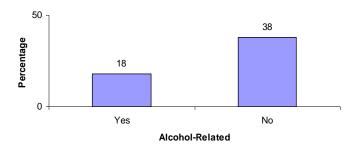
- Of the 219 motor vehicle crash-related fatalities, only 29% of occupants were restrained <sup>2</sup>
- Men drivers represent the majority of all crash fatalities (72%)<sup>3</sup>
- The two age groups with the highest motor vehicle crash-related injury rates are 15 to 19 and 20 to 24  $^4$  (26 and 18 injuries per 1000 population, respectively)

### NO SEAT BELT AND ALCOHOL USE: A DEADLY **COMBINATION**

- 19% of all injury crashes, and 49% of all motor vehicle fatalities were alcohol/drug related in 20055
- 18% of all fatal crashes and 26% of all alcohol-related crashes involved American Indians 6
- Seat belt non-use magnifies the danger in alcohol-related crashes<sup>7</sup> (Figure 1)

#### WHO IS (AND ISN'T) BUCKLING UP?

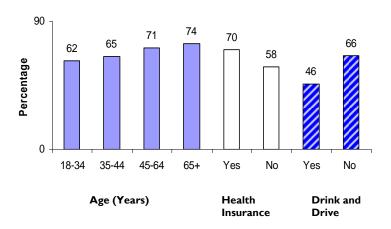
Figure 1: Seat belt use in alcohol and non-alcohol-related motor vehicle crashes, 2006



The Behavioral Risk Factor Surveillance System (BRFSS) is a random digit dial telephone survey of a sample of adult Montanans. The BRFSS survey includes questions assessing common modifiable risk factors and specific disease conditions.

In 2006, survey respondents were asked, "How often do you use seat belts when you drive or ride in a car?" and given the following response choices: Always, Nearly Always, Sometimes, Seldom or Never. Over two-thirds (68%) of adult Montanans reported that they always wore a seat belt, while fewer reported nearly always (20%), sometimes (7%), or seldom/never (5%). Women were more likely to report always wearing a seat belt when driving or riding in a car than were men (75% and 61%). American Indians were less likely to report always wearing a seat belt compared to whites (55% and 69%). Seat belt use was more frequent among persons with an annual household income greater than \$50,000 (71%) compared to respondents whose annual income was \$25,000 - \$49,999 (63%), \$15,000 - \$24,999 (67%), and less than \$15,000 (63%). Seat belt use also varied geographically. Respondents living in the Eastern (54%), North Central (64%) and South Central (66%) regions of the state reported less frequent use of seat belts compared to respondents living in the Northwest (73%) and Southwest (71%) regions. Younger Montanans, those without health insurance, and those who reported binge drinking in the past month (5 or more drinks on one occasion) were less likely to report always wearing a seat belt compared to respondents without these characteristics (Figure 2).

Figure 2: Adult Montanans who report always using a seat belt. 2006



Article continued on page 8.

#### Continued from page 7...

#### **Prevention Steps**

Seat belt use (always) and driving sober (always) are effective strategies for saving lives, reducing injuries and reducing healthcare costs. Young adults, especially young men, American Indians, and persons who drive while intoxicated are at increased risk for sustaining life-

threatening injuries or death during motor vehicle crashes because of being unrestrained.

Effective public health measures, such as implementing a primary seat belt law, would reduce mortality and morbidity from motor vehicle crashes.

# Recommendation: Can many needless motor vehicle occupant deaths and injuries be prevented in Montana? Yes.

- Always wear your seat belt and make sure others in your vehicle are properly restrained.
- Always drive sober.
- Health care professionals should counsel patients to wear a seat belt (always) while riding or driving in a motor vehicle and to drive sober (always).

Implementation and enforcement of effective public health measures, including a primary seat belt law and a child safety seat law, would reduce deaths and injuries from motor vehicle crashes.

For more information about injury prevention in Montana, contact Bobbi Perkins, Injury Prevention Coordinator at (406) 444-4126 or email at bperkins@mt.gov.

#### **References:**

MT DPHHS, Montana 2006 Vital Statistics

Montana Department of Transportation, Traffic Safety Problem Identification Report FY 2008; pg. 49, 22, 25-26, 31-32, 27, 50, respectively.

Montana BRFSS; http://dphhs.mt.gov:8084/brfss/html/brfss-index.jsp

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Billings Area Indian
Health Service

# Mission of the Indian Health Service

THE MISSION OF THE INDIAN HEALTH SERVICE IS TO RAISE THE PHYSICAL, MENTAL, SOCIAL, AND SPIRITUAL HEALTH OF AMERICAN INDIANS AND ALASKA NATIVES TO THE HIGHEST LEVEL.

THE GOAL TO ASSURE THAT COMPREHENSIVE, CULTURALLY ACCEPTABLE PERSONAL AND PUBLIC HEALTH SERVICES ARE AVAILABLE AND ACCESSIBLE TO AMERICAN INDIAN AND ALASKA NATIVE PEOPLE.

OUR FOUNDATION. TO UPHOLD THE FEDERAL GOVERNMENT'S OBLIGATION TO PROMOTE HEALTH FOR AMERICAN INDIAN AND ALASKA NATIVE PEOPLE, COMMUNITIES, AND CULTURES AND TO HONOR AND PROTECT THE INHERENT SOVEREIGN RIGHTS OF TRIBES.

# **Injury Prevention Program**

### **OUR MISSION:**

TO RAISE THE HEALTH STATUS OF AMERICAN INDIANS AND ALASKAN NATIVES TO THE HIGHEST POSSIBLE LEVEL BY DECREASING THE INCIDENCE OF SEVERE INJURIES AND DEATH TO THE LOWEST POSSIBLE LEVEL AND INCREASING THE ABILITY OF TRIBES TO ADDRESS THEIR INJURY PROBLEMS.



Billings Area Injury Prevention Newsletter is developed, edited, & maintained by Darcy Merchant.